



**Living
Healthy,
Working Well**

February Observance

Help for Children of Alcoholics

Children of alcoholics grow up in an environment that may hinder their mental and emotional development. Often, the impact of this environment may cause them to perform poorly at school, have problems in social and interpersonal relationships, or have difficulty in coping with day-to-day situations. They also run an increased risk of developing alcohol and other drug problems. But with the right support, children can succeed despite these circumstances. As a friend or relative, or other involved adult, you can make a difference to these children. Here are some helpful tips to make a positive impact on children of alcoholics:

- **Be a Good Listener** – just being there to listen and offer encouraging words will help children of alcoholics understand that they are not the cause of the alcoholism, and that they cannot control it. Reinforce positive qualities and tell them how special they are.
- **Get them interested in an activity** – this can include a hobby or sport, or taking care of a pet. This will help children of alcoholics develop self-confidence and self-esteem.
- **Be available for them** – Being there for children of alcoholics on a consistent, regular basis demonstrates that adults can be counted on for support and are available for them when they need to talk.
- **Encourage them to ask for help** – Children of alcoholics may be reluctant to ask for help. Help them understand that it is okay to ask for help. Be responsive when they do ask for help, and assist them with resources for getting the help they need.

Resources

Below are resources you might consider when helping children of alcoholics.

National Association for Children of Alcoholics (NACoA)

888-554-COAS

www.health.org/nacoa/
nacoa@erols.com

National Association for Native American Children of Alcoholics (NANACoA)

800-322-5601

National Black Alcoholism Council (NBAC)

202-296-2696

National Council on Alcoholism and Drug Dependence (NCADD)

800-NCA-CALL

www.ncadd.org

Self-help Groups for Children of Alcoholics

Al-Anon Family Group Headquarters, Inc.

1-888-4AL-ANON

www.al-anon.org

Adult Children of Alcoholics (ACA/ACoA)

www.adultchildren.org

**Alcohol and Other Drug Prevention Information for Volunteers,
Professionals, and the General Public:**

Children of Alcoholics Foundation

212-595-5810, ext. 7760

www.coaf.org

National Clearinghouse for Alcohol and Drug Information (NCADI)

800-729-6686

www.health.org

Call Your EAP

Your EAP is available as a resource that can help you or someone you care about overcome the affects of alcoholism and provides guidance for children of alcoholics. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you. You can also access information, self-help tools, and resources online at www.MagellanAssist.com.

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